

Workshop Description Master List

2015-2016 CASL State board

Name	Workshop Title	Workshop Description
Camryn Barker	Row, Row, Row Your Boat With Purpose	Simon Sinek once wrote, "People don't buy what you do, they buy why you do it." Therefore, to be a great leader, one must know their "why". This workshop will take the leader on an empowering journey of self-discovery where one's true values, passions, and aspirations will inspire and allow them to lead a purpose driven life and to become a purpose driven leader.
Kiera Bernet	Think On Your Feet	No matter how much time and effort you put into your event, it will never go quite as planned. What is your first move when things take a sudden turn? Quick thinking and problem solving are crucial skills for all leaders. Learn exactly how well you can think on your feet through a series of challenges and how

		your split second decisions are some of the most important you will make for your ASB and your campus.
Isabella Boleda	It's Not What You Say, It's What You Do	"It's not what you say, it's what you do." Whether it's smiling, crossing your arms, or posting that super cute selfie you just took, people go off what they see and what you share. In this workshop find out what your posts and actions say about you, and in return how it reflects back on your school and ASB.
Vivian Chong	Leadership Family Feud	A leadership class is not just a group of students, but a team that works together: a family. What happens when a team breaks apart? Learn how to establish a stable connection with your fellow leadership students so you can get out of any family feud together.
Gabrielle DellaRipa	Make Your Campus The Happiest Place on Earth	What's an iconic California landmark with over 80 attractions and 30 million visitors a month? Disneyland of course! There's a reason why Disneyland is so well known and loved--why people keep coming back for more. But what if our schools implemented the same strategies as Disneyland?

		Come dissect how Disneyland coined the term "Happiest Place on Earth" and how you can give your campus this title as well.
Josh Dewhurst	We Are What We Repeatedly Do	Good or bad, we all have habits. And try as we may they can often be difficult to overcome. But what do our habits say about us? Together we'll explore how our habits effect our lives as well as how they affect the way others perceive us.
Gabi Dunham	The Recipe to Acceptance in Leadership	It is human nature to make ourselves at home in comfort zones. As leaders it is vital to accept and adapt to life outside of these zones. Come to my workshop to learn how to embrace and accept the differences of leaders to formulate the recipe.
Kimberly Kaneshina	Compliments: Complete Us	Mark Twain once said, "I can live two months on one good compliment." In this workshop, we learn the great power of complimenting someone. Compliments simply complete us.
Teddy Knox	The Voice of a Thousand	As student leaders, we carry the immense responsibility of representing the interests of our entire student body. This interactive workshop covers

		both how to gather ideas and opinions from a body of students, and how to fight for them at the school district level.
Teodora Moisa	Opportunity- The Chain Reaction	Come and learn about the keys that open the door of opportunity for all students to voice their point of view. Pay it forward to create a chain reaction within your school.
Andrew Regalado	Just Do You	Today it is common to hear this saying but what does it really mean? In student leadership it is important we learn about those around us and ourselves. Come to my workshop to celebrate the diversity in your leadership team and <i>Just Do You!</i>
Josephine Reyes	Media Design Crash Course	Have you ever seen a post that just doesn't look good and doesn't do justice to the event it's advertising? Or do you want your social media ads to be different from the rest? Expand your design skills and bring them to a new level by coming to this workshop

Collin Rodgers	Using Failure To Succeed	Failure is not the bad concept it is made out to be. In fact, it can be used to achieve success. In this workshop, uncover the secrets to life, love, and never being a sore loser again!
Armando Sanchez	All About That Action	In Leadership, we constantly talk about our ideas and about what we want to do. However, we consistently forget an integral piece to leadership, action. Don't just talk the talk, join us and learn to walk the walk.
Megan Shea	Shine The Light	We all have the capability to shine, but what we choose to do with that light is up to us. Together we will explore the idea of this 'light' and the power that it has.
Malika Singh	It's What You Do Have, Not What You Don't	"We don't appreciate what we have until it's gone." Appreciation stems from the value we give to everything in our lives, how we see it all around us. Come to learn how to see the best of every situation, how to make life not only more bearable in the hardest of times, but more enjoyable!

Morgan Smith	Breaking Barriers: The Value of Emotional Openness	How often are we taught, told, and led to believe human emotions aren't of value? Find the courage to lean into discomfort, begin your journey, and achieve the tangible benefits of being emotionally open.
Maxwell Walshaw	How To Be Successful	Success is not born, but rather, something one strives for daily. What does being successful look like? Money? Power? Happiness? For all the answers on how to be "successful", join me in this life-changing workshop.
Juharah Worku	The Power of Advocacy	Every student leader on campus has the power and privilege of representing their student body. By recognizing the privileges we have as leaders, we are better equipped to serve our student body. In this workshop, discover the variety of different ways of using your platform to create an inclusive environment, and advocate on behalf of the students on your campus.
Nathan Xia	The Why Factor	"People don't buy what you do, they buy why you do it." Join me as we explore how knowing the "why" of what you do can powerfully affect the outcome of your objective.

Olivia Yee	Don't TAPE Me Down	Stereotype threat is defined as the risk of confirming negative stereotypes about an individual's race, gender, physical appearance, cultural beliefs, or person as a whole. Certain experiments and research on this topic found that a person's abilities were limited if they were under the impression that a certain stereotype applies to them. Through Don't TAPE Me Down, you will learn to recognize and eliminate these stereotype threats, which burden our society.
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